

*Quick & Easy*  
**77 KETO**  
*– Breakfast –*  
**RECIPES**



**CLAUDIA J. CALDWELL**

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# KETO BREAKFAST RECIPES

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## SCRAMBLED EGGS WITH VEGGIE

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*Prep Time: 10 Mins*

*Ready In: 25 Mins*

*Nutrition Facts Per Serving*

Calories: 155 kcal    Protein: 8.7g

Fat: 12.6g    Carbs: 1.6g

*Makes 6 servings*

### **Ingredients**

12 whole eggs

1/2 pound ground  
pork sausage

1/2 (4 ounce) can  
chopped green chile  
peppers, drained

1 teaspoon garlic  
powder

### **Directions:**

Preheat oven to 350 F. Lightly grease a 12-cup muffin pan.

Into a saucepan, cook sausage over medium high flame until browned. Set aside in a bowl, draining some of the generated grease.

Into a large bowl, whisk eggs with chiles, onion, garlic powder, salt and pepper. Add sausage, mix to blend. Scoop about a quarter of a cup of sausage mixture into each of the

## KETO BREAKFAST RECIPES

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1 small onion,  
chopped

Salt and pepper to  
taste

muffin cups and bake for about  
15 minutes or until eggs are well  
set.



## SAUSAGE EGG MUFFINS

---

*Prep Time: 20 Mins*

*Ready In: 40 Mins*

*Nutrition Facts Per Serving*

Calories: 155 kcal    Protein: 8.7g

Fat: 12.6g    Carbs: 1.6g

*Makes 12 servings*

### **Ingredients**

12 whole eggs

1/2 pound ground  
pork sausage

1/2 (4 ounce) can  
chopped green chile  
peppers, drained

1 teaspoon garlic  
powder

### **Directions:**

Preheat oven to 350 F. Lightly grease a 12-cup muffin pan.

Into a saucepan, cook sausage over medium high flame until browned. Set aside in a bowl, draining some of the generated grease.

Into a large bowl, whisk eggs with chiles, onion, garlic powder, salt and pepper. Add sausage, mix to blend. Scoop about a quarter of a cup of sausage mixture into each of the muffin cups and bake for about

## KETO BREAKFAST RECIPES

---

1 small onion,  
chopped

Salt and pepper to  
taste

15 minutes or until eggs are well  
set

---

## GROUND PORK OMELET

---

*Prep Time: 5 Mins*

*Ready In: 10 Mins*

*Nutrition Facts Per Serving*

Calories: 409 kcal    Protein: 25.5g

Fat: 33.3g    Carbs: 1.5g

*Makes 2 servings*

### **Ingredients**

6 ounces ground pork

2 tablespoons  
vegetable oil

3 whole eggs

2 1/2 tablespoons  
fish sauce

1 pinch pepper

### **Directions:**

Into a mixing bowl, whisk eggs, with fish sauce, and pepper until smooth.

Into a pan, heat oil over medium flame and cook pork until browned. Pour in egg mixture and cook without stirring until all sides are golden brown.

## SPINACH AND FETA OMELET

---

*Prep Time: 10 Mins*

*Ready In: 10 Mins*

*Nutrition Facts Per Serving*

Calories: 870.0 kcal    Protein: 34.5g

Fat: 78.7g    Carbs: 6.3g

*Makes 4 servings*

### **Ingredients**

2 tablespoons onions,  
chopped

4 eggs 2 ounces feta  
cheese, crumbled

1/2 cup canned  
mushroom, thinly  
sliced

### **Directions:**

Into a bowl, whip eggs with garlic powder and onions. Set aside.

Into a non-stick skillet, melt 3 tbsp. butter over medium flame and cook egg mixture without stirring for about 4 minutes or until underside turns lightly browned. Scatter the spinach, mushroom and crumbled cheese on top of the one side of the egg. Lift the other side of

## KETO BREAKFAST RECIPES

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1 teaspoon garlic  
powder

1/4 cup spinach,  
chopped and cooked

4 tablespoons butter,  
divided

the egg over the filling, folding the omelet in half.

Lower heat to low, add remaining butter and cook for another minute until veggie filling is well heated through.

Slide down the omelet onto a plate and enjoy.

## HASS AVOCADO SUNRISE OMELET

---

*Prep Time: 0 Mins*

*Total Time: 5 Mins*

*Nutrition Facts Per Serving*

Calories: 263 kcal   Protein: 17.6g

Fat: 19.5g   Carbs: 4.9g

*Makes 4 servings*

### **Ingredients**

1 1/2 cups sliced  
fresh mushrooms

1 tablespoon bacon  
grease

8 eggs 1 green onion,  
sliced

1 avocado, seeded,  
peeled and diced

### **Directions:**

Into a pan, heat bacon grease over medium flame. Sauté mushrooms for about 5 minutes or until just wilted. Set aside into a bowl.

Into a bowl, whisk eggs thoroughly. Mix in green onion, mushrooms, avocado and cheese, season with salt and pepper.

Into the same pan, with some bacon grease, cook egg mixture

## KETO BREAKFAST RECIPES

---

1/2 cup cheddar  
cheese, shredded

Salt and pepper

with stirring for about 3  
minutes or until set.

Cut into pie-shaped wedges and  
enjoy.

## FLUFFIEST SCRAMBLED EGGS

---

*Prep Time: 20 Mins*

*Total Time: 35 Mins*

*Nutrition Facts Per Serving*

Calories: 273.7 Kcal    Protein: 15.3g

Fat: 22.7g    Carbs: 1.2g

*Makes 6 servings*

### **Ingredients**

12 eggs

1/4 cup heavy cream

3 tablespoons  
unsalted butter

1/4 teaspoon salt

### **Directions:**

Into a bowl, whisk eggs with the rest of the ingredients except butter.

Into a pan, melt butter over medium flame. Pour egg mixture to pan, mix lightly and cook for about a minute or until desired texture is attained.



## SCRAMBLED EGGS WITH COCONUT OIL

---

*Prep Time: 3 Mins*

*Total Time: 4 Mins*

*Nutrition Facts Per Serving*

Calories: 188.5 kcal   Protein: 12.8g

Fat: 14.4g   Carbs: 1.1g

*Makes 4 servings*

### **Ingredients**

6 large eggs

6 teaspoons cream  
cheese salt and to  
black pepper taste

1 tablespoons chives,  
chopped

1 tablespoon virgin  
coconut oil, for frying

### **Directions:**

Into a mixing bowl, whisk eggs with cream cheese.

Into a non-stick skillet, heat oil over medium flame. Cook the egg mixture with stirring for about a minute or until well set.

Sprinkle some salt and pepper to taste. Garnish with chives and serve.

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## PEPPERONI EGG SCRAMBLES

---

*Prep Time: 15 Mins*

*Total Time: 30 Mins*

*Nutrition Facts Per Serving*

Calories: 347.1 kcal   Protein: 22.0g

Fat: 26.1g   Carbs: 5.0g

*Makes 4 servings*

### **Ingredients**

1 tablespoon virgin  
coconut oil

1/4 lb. Pork  
pepperoni

1 garlic clove,  
chopped

1/4 onion, chopped

### **Directions:**

Into a non-stick pan, heat oil over medium high flame and cook pepperoni for about 2 minutes or until starts to turn reddish brown. Stir in garlic and cook for another 30 seconds. Add onions and sauté for another minute. Lastly add tomatoes and cook another minute longer.

Into a bowl, whip eggs the cheese, add some salt and pepper to taste. Pour egg mixture into the pan, stir and

## KETO BREAKFAST RECIPES

---

3 tablespoons sun-dried tomato,  
chopped

8 whole eggs

4 ounces Cheddar  
cheese, crumbled

Salt and pepper to  
taste

Fresh parsley leaves,  
chopped, for garnish

cook for several seconds until  
set

## SMOKED SALMON OMELET WITH HERBS

---

*Prep Time: 10 Mins*

*Total Time: 20 Mins*

*Nutrition Facts Per Serving*

Calories: 258.7 kcal    Protein: 20.0g

Fat: 17.8g    Carbs: 4.0g

*Makes 3 servings*

### **Ingredients**

1/2 tablespoons sour  
cream

1/2 tablespoon  
coarse-grained Dijon  
mustard

2 large eggs

1 tablespoons water

### **Directions:**

Into a small bowl, whisk sour cream and mustard until blended.

Into another bowl, beat eggs with water, chives and tarragon. Sprinkle salt and pepper to taste.

Into a pan, melt butter over medium-high heat and pour half of the egg mixture, and cook until edges start to set. Using spatula, lift edges, letting the uncooked eggs to flow

## KETO BREAKFAST RECIPES

---

1 tablespoons fresh  
chives, finely  
chopped

3/4 tablespoons fresh  
tarragon, minced

1 teaspoons butter

1 ounces smoked  
salmon, cut into strips

underneath. Cook for another minute until just set. Pour the mustard mixture and scatter the salmon on half side of the omelet. Fold other half of egg over the filling. Slide down omelet onto a plate.

## FENNEL SAUSAGE FRITTATA

---

*Prep Time: 20 Mins*

*Total Time: 50 Mins*

*Nutrition Facts Per Serving*

Calories: 468.1 kcal    Protein: 34.9g

Fat: 29.4g    Carbs: 16.9g

*Makes 6 servings*

### **Ingredients**

1 tablespoon butter

1 tablespoon olive oil

1 small onion,  
chopped

1 fennel bulb,  
chopped, hard core  
removed

### **Directions:**

Preheat oven to 350 0F.

Into an ovenproof skillet, heat oil over medium high flame. Cook fennel, with garlic and onions for several minutes or until garlic turns light brown. Stir in mushrooms and cook for another few minutes until just wilted. Stir in sausage and artichoke hearts and cook further for a minute or two.

While the veggies are cooking, combine all "Egg Mixture" ingredients into a blender; mix until well blended. Pour egg

## KETO BREAKFAST RECIPES

---

8 ounces canned  
artichoke hearts,  
drained and quartered

2 cups Portobello  
mushrooms, sliced

1 tablespoon garlic,  
minced

12 ounces precooked  
chicken sausage,  
chopped in bite size  
pieces

6 large eggs

2 teaspoons basil

1/2 teaspoon pepper

1 tablespoon oregano

2 cups part-skim  
mozzarella cheese,  
shredded

1/2 teaspoon salt

mixture into the skillet with the  
veggies, and stir to mix.

Put skillet in oven and bake for  
about 25 minutes or until  
toothpick comes out dry if  
inserted in the center.

Slice and serve warm or chilled.

## COUNTRY HAM BACON

---

*Prep Time: 5 Mins*

*Total Time: 1 Hour 5 Mins*

*Nutrition Facts Per Serving*

Calories: 537.4 kcal    Protein: 52.4g

Fat: 34.0g    Carbs: 2.0g

*Makes 2 servings*

### **Ingredients**

#### **Ham**

12 ounces salt-cured  
smoked country ham  
steaks, sliced

2 cups water

1 tablespoon  
vegetable oil

### **Directions:**

Remove the bone from the ham, if any. The slices do not have to be cut evenly, leaving some fat for flavor and nutrition.

Place the ham slices into a large cast iron pan, cover the ham slices completely with water and simmer over medium flame for about 15 minutes to remove the salt. Add more water if needed along the way to keep the meat submerged. Stir once in a while. Drain into a



### **Eggs**

1 tablespoon butter

6 eggs

1 teaspoon kosher  
salt

1/2 teaspoon garlic  
powder

1/2 teaspoon black  
pepper

colander. Pat dry using paper towel. Wipe clean the pan.

Into the same cleaned pan, heat oil over medium flame. Cook ham for about 10 minutes or until all sides are browned. Do not overcrowd the pan, work in batches if needed.

Into a non-stick pan, melt butter over medium-low flame. Into a bowl, whip eggs with garlic powder, salt and pepper. Pour into hot butter and cook slowly over low heat until edges start to get firm. Mix gently and remove from the heat. Serve with the ham.

## BACON AND EGG CAKE

---

*Prep Time: 10 Mins*

*Total Time: 30 Mins*

*Nutrition Facts Per Serving*

Calories: 561.2 kcal    Protein: 20.9g

Fat: 50.1g    Carbs: 5.3g

*Makes 4 servings*

### **Ingredients**

3/4 lb. bacon

6 eggs

2/3 cup half-and-half

1 1/2 tablespoons  
arrowroot powder

1 tablespoon fresh  
dill, minced

1/4 teaspoon salt

### **Directions:**

Into a non-stick pan, brown bacon over medium high flame. Place on a plate and tent with tin foil to keep warm. Leave about 2 tbsp. bacon grease in the pan and reserve the rest for future use.

Into a bowl, whisk eggs with arrowroot powder, salt and pepper. Gradually add half-and-half and mix until smooth and frothy.

Heat the pan with the bacon grease over low heat and slowly cook egg mixture for about 20 minutes until just set. Lift edges

## KETO BREAKFAST RECIPES

---

1/4 teaspoon pepper

1/4 cup chives,  
chopped

for uncooked eggs to flow underneath.

Top with the bacon slices and garnish with chives. Cut into wedges and serve.

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## MUSHROOMS WITH EGGS

---

*Prep Time: 5 Mins*

*Total Time: 25 Mins*

*Nutrition Facts Per Serving*

Calories: 235.9 kcal    Protein: 13.1g

Fat: 19.0g    Carbs: 4.6g

*Makes 4 servings*

### **Ingredients**

1 lb. fresh  
mushrooms, sliced

1/4 cup butter

1/2 teaspoon caraway  
seed, crushed

2 tablespoons parsley,  
chopped

6 eggs, beaten

### **Directions:**

Into a skillet, melt butter over medium flame and sauté mushrooms with caraway seeds, parsley, salt, and pepper for about 5 minutes or until most of the liquid has evaporated.

Gradually pour in beaten eggs and scramble the mixture. Cook for another minute and serve.

## KETO BREAKFAST RECIPES

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1 teaspoon salt

1/4 teaspoon pepper

## BREAKFAST SPINACH MUFFINS

---

*Prep Time: 15 Mins*

*Total Time: 30 Mins*

*Nutrition Facts Per Serving*

Calories: 371 kcal   Protein: 22g

Fat: 28g   Carbs: 8g

*Makes 20 servings*

### **Ingredients**

20 ounces raw  
spinach, chopped

16 ounces ground  
pork sausage

1 sweet, green, raw  
pepper, chopped

1 clove onion, minced

### **Directions:**

Preheat oven to 350 0F. Lightly grease a 20-cup muffin pan.

Into a microwaveable bowl, put spinach and microwave for about 3 minutes or until just wilted. Take out bowl and set aside to cool.

Into a non-stick pan, cook sausages until browned. Crumble and transfer into the bowl with spinach. Into the same pan with generated grease, cook onions and peppers until

## KETO BREAKFAST RECIPES

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8 ounces sharp  
cheddar cheese

10 large eggs

1/2 cup whipped  
heavy cream

1 teaspoon garlic  
powder

1 teaspoon onion  
powder

1 teaspoon black  
pepper

1 teaspoon table salt

20 cherry tomatoes

fragrant. Add into the bowl. Into another bowl, whisk eggs with cream until smooth. Pour mixture into the bowl with ingredients, mix until fully blended. Scoop evenly into the prepared muffin pan, put cherry tomatoes on tops and bake for about 30 minutes.

---

## EGGS IN AVOCADO SLICES

---

*Prep Time: 5*

*Nutrition Facts Per Serving*

Calories: 235 kcal    Protein: 14g

Fat: 18.5g    Net carbs: 2.1g

*Makes 3 servings*

**Ingredients**

1 Avocado

1 Egg

**Directions:**

Slice your avocado in the middle and remove the seed.

Cut the back of the avocado making a slice as if it was a bread, and place the avocado slice in an oily pan.

Crack an egg into the center of the hole, and cover for one or two minutes until the egg is cooked to the point that you like.

Season with salt and pepper.



## BACON & GRUYÈRE JALAPEÑO POPPERS

---

*Prep Time: 30 Minutes*

*Nutrition Facts Per Serving*

Calories: 434 kcal    Protein: 24.2g

Fat: 33g    Net carbs: 3.5g

*Makes 6 servings*

### **Ingredients**

12 Jalapeño peppers,  
deseeded

1 cup ricotta cheese

½ cup Gruyère  
cheese, grated or any  
hard cheese of choice

12 slices bacon, cut  
lengthwise

24 slices Pancetta,  
thin cut 2 tbsps.

### **Directions:**

Preheat the oven to 400 F / 200 C. Wash the jalapeños, cut in half and deseed.

Mix the ricotta, gruyere and the chopped cilantro.

Fill each jalapeño halve with the mixture.

Wrap each jalapeño halve in a bacon slice and place on a baking tray covered with parchment paper.

## KETO BREAKFAST RECIPES

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Freshly chopped  
cilantro or parsley

Bake for 20-25 minutes, until  
the bacons are crispy.

Serve hot or cold.

## KETO PUMPKIN CHIA MUFFINS

---

*Prep Time: 45 Minutes*

*Nutrition Facts Per Serving*

Calories: 531 kcal    Protein: 38g

Fat: 39.7g    Net carbs: 4g

*Makes 12 servings*

### **Ingredients**

Dry ingredients

1 ½ cups almond  
flour

¼ cup chia seeds,  
ground

1 tbsp. gluten-free  
baking powder

1 tbsp. pumpkin pie  
spice mix

### **Directions:**

Preheat the oven to 350 F / 175 C. Mix well all the dry ingredients, except the pumpkin seeds, in a bowl.

Separate the egg whites from the egg yolks and whip up the egg whites with a mixer until you have a soft foam.

In a different bowl mix the egg yolks, melted butter, pumpkin puree and stevia. All ingredients need to be at room temperature, however the butter should be melted.

## KETO BREAKFAST RECIPES

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¼ cup Erythritol or  
sweetener of choice

### **Topping:**

6 tbsps. Pumpkin  
seeds Wet ingredients

1 cup pumpkin purée

6 large eggs, separated

½ cup butter

30 drops liquid Stevia  
extract

Mix the egg yolks mixture with the dry ingredients and mix until well combined.

Now add the egg yolks in quarters and mix gently. Here you must be careful not to deflate the egg whites, and try to keep the batter as fluffy as possible.

Set a muffin tray with 12 muffin paper cups and spoon the batter into it and place in the oven.

Bake for 5 minutes. Sprinkle pumpkin seeds on the top and bake for another 30 minutes or until the muffins are golden brown.

Store at room temperature for 4-5 days or freeze them up for up to 3 months.

---

## ULTIMATE KETO COFFEE CAKE

---

*Prep Time: 45 Minutes*

*Nutrition Facts Per Serving*

Calories: 398.2 kcal    Protein: 8.8g

Fat: 37.7g    Net carbs: 3.2g

*Makes 8 servings*

### **Ingredients**

Base 6 Large Eggs,  
Separated

6 Oz. Cream Cheese

1/4 Cup Erythritol

1/4 tsp. Liquid Stevia

1/4 Cup Unflavored  
Protein Powder

2 tsp. Vanilla Extract

### **Directions:**

Preheat the oven to 325 F / 165 C.

Separate the egg yolks from the egg whites. Combine well the egg yolks with Erythritol and Stevia.

Once you have an egg yolk cream, add the cream cheese and the protein powder. Mix together until a thick batter forms.

## KETO BREAKFAST RECIPES

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1/4 tsp. Cream of  
Tartar Filling

1 1/2 Cup Almond  
Flour

1 Tbsp. Cinnamon

1/2 Stick Butter

1/4 Cup Low Carb  
Maple Syrup

1/4 Cup Erythritol

Whisk the egg whites together with cream of tartar until a soft foam forms.

Fold half of the egg whites into the egg yolk mixture first, then the other half. Pour the batter into a round cake pan.

Mix together the almond flour, cinnamon, maple syrup, stick butter and erythritol. This will form a dough. Rip it into little pieces and spread around the top of the cake. Push the pieces down if they don't sink on their own.

Bake for 20 minutes, top with cinnamon, then bake for another 20-30 minutes until it becomes brownish. Let the cake cool for 20 minutes before removing from the pan.

## BLUEBERRY DANISH MUFFINS

---

*Prep Time: 25 Minutes*

*Nutrition Facts Per Serving*

Calories: 245 kcal    Protein: 9g

Fat: 20g    Net carbs: 6g

*Makes 12 servings*

### **Ingredients**

4 large eggs

1/4 cup water

1 tablespoon vanilla  
extract

2 cups blanched  
almond flour

1/2 cup sugar  
substitute

### **Directions:**

Preheat oven to 375 F / 190 C.  
Line a muffin baking tray with  
parchment paper.

In a medium bowl, beat 4 eggs  
until foamy, add the water and  
vanilla extract. Combine well.

In a different bowl combine the  
almond flour, sugar substitute,  
and baking powder. Whisk both  
dry and wet ingredients  
together and fold 1/2 of the  
blueberries into the batter.

## KETO BREAKFAST RECIPES

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1 tbsp. baking  
powder

1/2 cup fresh  
blueberries

Cheese filling 8  
ounces cream cheese,  
softened

1 large egg, beaten

1/2 cup fresh  
blueberries Streusel  
topping

1/4 cup blanched  
almond flour

2 tablespoon sugar  
substitute

1 1/2 tbsps. Unsalted  
butter, cold

1/4 teaspoon ground  
cinnamon

Fill the muffin tray at around  
2/3 of the space available.

Whisk together cream cheese  
and egg and spoon equally in  
each of the muffin cups. Top  
evenly with the remaining  
blueberries.

Combine all the topping  
ingredients and crumble over  
the top of each muffin.

Bake for 20-25 minutes until a  
toothpick comes you clean  
when inserted in the center of  
the muffin.

Let it cool for 10 minutes and  
serve warm or chilled



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## LOW CARB BUTTERMILK WAFFLES

---

*Prep Time: 40 Minutes*

*Nutrition Facts Per Serving*

Calories: 211 kcal    Protein: 8g

Fat: 16g    Net carbs: 2.5g

*Makes 8 servings*

### **Ingredients**

½ cup unsweetened  
coconut milk

½ teaspoon apple  
cider vinegar

2 eggs, large

1 tablespoon coconut  
oil, melted

½ teaspoon vanilla  
extract

### **Directions:**

Preheat waffle iron and grease it.

Combine coconut or almond milk and apple vinegar in a mixing bowl.

Add eggs, coconut/olive oil, and vanilla extract. Mix well and set aside.

In another bowl combine coconut flour, baking powder, almond flour, and sweetener.

## KETO BREAKFAST RECIPES

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$\frac{3}{4}$  cup almond flour

2 tbsps. Coconut  
flour

2 teaspoon baking  
powder

1  $\frac{1}{2}$  teaspoon  
sweetener of choice

Add the dry mixture to the wet mixture and whisk everything combining well.

Pour  $\frac{1}{4}$  cup batter into the waffle iron and cook for 3-5 minutes or until the steam stops rising from the iron.

Carefully remove and serve.

## LEMON SCONES

---

*Prep Time: 25 Minutes*

*Nutrition Facts Per Serving*

Calories: 263 kcal    Protein: 8.3g

Fat: 23.9g    Net carbs: 4g

*Makes 8 servings*

### **Ingredients**

2½ cups almond  
flour

1½ teaspoon lemon  
zest Lemon juice - 2  
tbsps.

⅓ Cup sweetener  
Baking powder

2 teaspoon baking  
soda

⅓ teaspoon salt  
Vanilla

### **Directions:**

Preheat the oven to 350 F / 177 C. Grease a large enough baking sheet.

Mix almond flour, sweetener, baking soda, baking powder, and salt.

Add cold butter and mix until you have a crumbled mixture.

In another bowl, whisk eggs, lemon zest, lemon juice, and stir into the crumbled mixture until moistened.

Knead dough for around 4 times over a floured surface.

## KETO BREAKFAST RECIPES

---

½ teaspoon Butter

¼ cup

1 large egg

Roll the dough into a 1 inch-thick round and cut into 8 wedges.

Arrange on the baking tray, leaving space between the wedges. Bake for 20 minutes until the edges are a little browned.

Let it cool and serve.

---

## PUMPKIN CHEESECAKE BALLS

---

*Prep Time: 35 Minutes*

*Nutrition Facts Per Serving*

Calories: 158 kcal    Protein: 3g

Fat: 15g    Net carbs: 2g

*Makes 6 servings*

### **Ingredients**

½ cup pumpkin  
purée

8 ounces cream  
cheese

1 ½ teaspoon  
pumpkin pie spice

1 teaspoon vanilla  
extract

6 tbsps. erythritol

### **Directions:**

Line a baking tray with parchment paper.

Combine the cream cheese, pumpkin puree, sweetener and spice. Mix well.

Freeze for 30 minutes, or until a semi-firm texture forms.

In another bowl combine the remaining ingredients and set aside.

Form small balls with the pumpkin mixture and roll each

## KETO BREAKFAST RECIPES

---

1/3 Cup pecans, finely  
minced

2 tbsps. erythritol or  
sweetener of choice

1 teaspoon cinnamon

ball over the pecans mixture,  
coating it.

Refreeze for another 20  
minutes, until firm.

## GREASY FRIED PORK SANDWICH

---

*Prep time: 25 minutes*

*Nutrition Facts Per Serving*

Calories: 688g   Protein: 37g

Fat: 64g   Net carbs: 6.4g

*Makes 4 servings*

### **Ingredients**

Bread/Muffin 2  
tbsps.

Golden flaxseed meal  
2 tbsps.

Almond meal

1 large egg

1 teaspoon bacon fat  
or butter, melted

### **Directions:**

Mix all the muffin ingredients in a large bowl making a dough and microwave for 60-90 seconds on high. Let it sit for another 60 seconds, remove from the microwave and slice into two halves.

Live one of the halves with ham and back, and cover the top with the other half.

In another bowl whisk the egg, cream, pepper and salt. Dip the sandwich into the egg mixture and until the bread really absorbed the liquid.

## KETO BREAKFAST RECIPES

---

1/2 teaspoon baking powder

Dash salt Filling

3 slices deli ham

3 slices bacon, precooked and crispy

1 large egg

2 tbsps. Cream, heavy whipping

1 tablespoon bacon fat or butter

Salt and pepper, to taste

Heat a skillet, add butter and fry the sides of your sandwich until you have a golden brown on both sides. Turn the heat down and cook for another 4-6 minutes.

Slice and serve.



## EGGS FLORENTINE

---

*Prep time: 15 minutes*

### *Nutrition Facts Per Serving*

Calories: 250 kcal    Protein: 14g

Fat: 20g    Net carbs: 2.5g

*Makes 2 servings*

#### **Ingredients**

1 tablespoon olive oil

1/4 cup diced pancetta

5 ounces fresh  
spinach

1/4 cup diced red  
onion

1 teaspoon minced  
garlic

2 large eggs Salt and  
pepper

#### **Directions:**

Heat olive oil over medium heat in a large skillet.

Add the pancetta and cook until crisping, then add spinach, red onion and garlic. Cook until spinach cooks down.

Spread the spinach on the skillet and crack the eggs over it. Season with salt and pepper and cover until the eggs are cooked.

Garnish with tomato and sprinkle parmesan. Serve hot.

## KETO BREAKFAST RECIPES

---

2 tablespoons  
shredded Parmesan  
cheese

Diced tomato, for  
garnish

---

## MOCHA CHIA PUDDING

---

*Prep time: 35 minutes*

### *Nutrition Facts Per Serving*

Calories: 257 kcal    Protein: 7g

Fat: 20.25g    Net carbs: 2.25g

*Makes 2 servings*

#### **Ingredients**

2 tbsps. Herbal coffee

1/3 Cup (55 gr) dry  
chia seeds

1/3 Cup coconut  
cream - undiluted

1 tablespoon organic  
vanilla extract

1 tablespoon Swerve

2 tbsps. (15 gr) Cacao  
nibs

#### **Directions:**

Brew the coffee simmering the herbal coffee with the 2 cups of water until the liquid is reduced to 1 cup.

Strain the coffee and pour coconut cream, vanilla extract, chia seeds, cacao nibs and sweetener. Mix well.

Place in serving containers and chill for 30 minutes.

Sprinkle some cacao nibs on top and serve

## LEMON POPPY SEED COOKIES

---

*Prep time: 20 minutes*

### *Nutrition Facts Per Serving*

Calories: 189 kcal    Protein: 5.84g

Fat: 15g    Net carbs: 4.22g

*Makes 8 servings*

#### **Ingredients**

Cookies

1 cup almond flour

1/4 cup coconut  
flour

3 tablespoon poppy  
seeds

1 teaspoon baking  
powder

1/8 teaspoon salt

#### **Directions:**

Preheat oven to 325 F / 160 C and line a baking tray with parchment paper.

Whisk together the coconut flour, almond flour, poppy seeds, salt and baking powder.

In another bowl combine cream cheese, egg, sweetener, lemon zest, lemon juice and stevia extract. Pour in the flour mixture until well combined.

Make around 10 balls and flatten them with the palm of your hand forming the cookies.

## KETO BREAKFAST RECIPES

---

6 ounces cream  
cheese, softened

1/2 cup Swerve  
Sweetener

1 large egg, room  
temperature Zest of  
one lemon

2 tbsps. lemon juice

1/4 teaspoon liquid  
stevia extract Glaze

1/4 cup  
confectioner's Swerve  
Sweetener

Bake for 20 minutes or until  
golden in the edges.

In a small bowl, combine the  
glaze ingredients, drizzle over  
the cookies and serve cooled.

---

## CHOCOLATE SMOOTHIE

---

*Prep time: 5 minutes*

### *Nutrition Facts Per Serving*

Calories: 193 kcal    Total Fat: 10 g    Saturated Fat: 5g

Cholesterol: 76mg    Sodium: 0mg    Carbs: 3g

Fiber: 1g    Protein: 23g

*Makes 2 servings*

#### **Ingredients**

14-ounce coconut  
milk, full-fat

2 tablespoons chia  
seeds

¼ cup rice protein  
powder, dairy-free

½ teaspoon vanilla  
flavored stevia

#### **Directions:**

In a blender place all the ingredients except chocolate and pulse at high speed for 30-60 seconds or until creamy.

Then blend in chocolate for 20-30 seconds or until well combined.

Pour smoothie into serving glasses and serve straight away.

## KETO BREAKFAST RECIPES

---

1/3 cup chopped  
dark chocolate

2 cups crushed ice

## GREEN PROTEIN SMOOTHIE

---

*Prep time: 20 minutes*

### *Nutrition Facts Per Serving*

Calories: 225kcal    Total Fat: 13.3g    Saturated Fat: 2g

Cholesterol: 30mg    Sodium: 200mg    Carbs: 9.4g

Fiber: 5.8g    Protein: 20.7g

*Makes 2 servings*

#### **Ingredients**

Half of a medium  
avocado, peeled and  
pitted

1 cup baby spinach

¼ cup rice protein  
powder

½ cup almond milk,  
unsweetened

#### **Directions:**

In a blender place all the ingredients except chocolate chips and pulse at high speed for 30-60 seconds or until smooth and creamy.

Pour smoothie evenly into serving glasses, top with chocolate chips and serve straightaway.



## KETO BREAKFAST RECIPES

---

10 drops peppermint  
flavored stevia

$\frac{1}{4}$  teaspoon  
peppermint extract

1 cup crushed ice

$\frac{1}{2}$  tablespoon  
chocolate chips

---

## BERRY & CHIA SMOOTHIE

---

*Prep time: 20 minutes*

### *Nutrition Facts Per Serving*

Calories: 249kcal    Total Fat: 21.07g    Saturated Fat: 9g

Cholesterol: 18mg    Sodium: 157mg    Carbs: 11.26g

Fiber: 3.55g    Protein: 6.23g

*Makes 3 servings*

#### **Ingredients**

1 cup frozen  
blueberries

1 cup coconut milk,  
full-fat

1/2 cup coconut  
cream

1 cup almond milk,  
unsweetened

#### **Directions:**

In a blender place all the ingredients and pulse at high speed for 30-60 seconds or until smooth and creamy.

Pour smoothie evenly into serving glasses and serve straight away.

## KETO BREAKFAST RECIPES

---

2 tablespoons  
coconut oil

2 tablespoons ground  
chia seed

2 tablespoons stevia

2 cups crushed ice

---

## VANILLA SMOOTHIE

---

*Prep time: 5 minutes*

### *Nutrition Facts Per Serving*

Calories: 156kcal    Total Fat: 45.2g    Saturated Fat: 29.4g

Cholesterol: 58mg    Sodium: 392mg    Carbs: 5g

Fiber: 1g    Protein: 34.6g

*Makes 1 servings*

#### **Ingredients**

2 tablespoons  
grounded chia seeds

4 fluid ounce coconut  
milk, full-fat

1-ounce rice protein  
powder

1 tablespoon coconut  
oil

#### **Directions:**

In a blender place all the ingredients and pulse at high speed for 1 ½ to 2 minutes or until smooth and creamy.

Pour smoothie into serving glass and serve straightaway.

## KETO BREAKFAST RECIPES

---

1 teaspoon vanilla  
extract, unsweetened

5 drops Stevia extract

2-ounce cup water

½ cup crushed ice

## COCONUT MILK & STRAWBERRY MILKSHAKE

---

*Prep time: 5 minutes*

### *Nutrition Facts Per Serving*

Calories: 275kcal    Total Fat: 27.4g    Saturated Fat: 23.9g

Cholesterol: 132mg    Sodium: 234mg    Carbs: 6.4g

Fiber: 2g    Protein: 2.5g

*Makes 1 servings*

#### **Ingredients**

2 fluid ounce coconut  
milk, full-fat

6 fluid ounce almond  
milk, unsweetened

2.5 ounce  
strawberries, fresh or  
frozen

1 tablespoon coconut  
oil

#### **Directions:**

In a blender place all the ingredients and pulse at high speed for 1 ½ to 2 minutes or until smooth and creamy.

Pour smoothie into serving glass and serve straightaway.

## KETO BREAKFAST RECIPES

---

½ teaspoon vanilla  
extract, unsweetened

1 tablespoon  
grounded chia seeds

5 drop strawberry  
flavored stevia extract

## COCONUT ALMOND MOCHA

---

*Prep Time: 20 Minutes*

*Nutrition Facts Per Serving*

Calories: 135kcal    Total Fat: 10g    Saturated Fat: 6.8g

Cholesterol: 37mg    Sodium: 158mg    Carbs: 5g

Fiber: 2g    Protein: 4g

*Makes 2 servings*

### **Ingredients**

½ cup brewed coffee

6-ounce cup  
chocolate almond  
milk, unsweetened

1/8 teaspoon coconut  
extract instead

1/8 teaspoon almond  
extract

### **Directions:**

Place saucepan over medium heat, add all the ingredients and cook until warmed through and well combined, use a whisker to stir continuously.

Pour into a serving mug and serve straightaway.



## KETO BREAKFAST RECIPES

---

7 drops liquid stevia  
extract

## NO-EGG BREAKFAST BAKE

---

*Prep Time: 20 Minutes*

*Nutrition Facts Per Serving*

Calories: 223kcal    Total Fat: 15.4g    Saturated Fat: 7.1g

Cholesterol: 143mg    Sodium: 460mg    Carbs: 7.6g

Fiber: 0.6g    Protein: 14.2g

*Makes 4 servings*

### **Ingredients**

1 large red bell  
pepper, stemmed  
chopped

1 ½ teaspoon olive  
oil

1 teaspoon all-  
purpose seasoning  
mix

¼ teaspoon ground  
black pepper

### **Directions:**

Place a baking rack in the middle shelf of an oven, set the temperature to 400 degrees F and let it preheat.

Cut each sausage into thirds.

Grease a medium-sized baking dish with the non-stick cooking spread, place bell peppers, drizzle with 1 teaspoon olive oil, sprinkle with seasoning mix and pepper, add sausages and toss until combined.

Place Baking dish into preheated oven and bake for 20

## KETO BREAKFAST RECIPES

---

10-ounce turkey  
sausage

½ cup Mozzarella  
cheese, grated

minutes or until cooked through, stir every 10 minutes.

When the baking is done, remove baking dish from oven, sprinkle with cheese and return dish to the oven.

Turn off oven and switch on the broiler and broil for 1-2 minutes or until cheese melts completely and begin to brown. Serve hot.

## GRANOLA MIXTURE

---

*Prep Time: 15 Minutes*

*Nutrition Facts Per Serving*

Calories: 317kcal    Total Fat: 21g    Saturated Fat: 11g

Cholesterol: 143mg    Sodium: 392mg    Carbs: 21g

Fiber: 1g    Protein: 11g

*Makes 8 servings*

### **Ingredients**

7-ounce coconut oil,  
melted

1 teaspoon vanilla  
extract, unsweetened

15 drops liquid stevia  
extract

1 ½ teaspoon salt

1 teaspoon ground  
cinnamon

### **Directions:**

Place baking rack in the middle shelf of the oven, set the temperature to 325 degrees F and let preheat. Grease a large baking sheet with a non-stick cooking spray and set aside until required.

In a large bowl whisk together coconut oil, vanilla, stevia, salt, and cinnamon until just combined. Then stir in sesame and chia seeds, hemp hearts and coconut until mixed well.

Spoon the mixture into a prepared baking sheet, spread

## KETO BREAKFAST RECIPES

---

8-ounce sesame seeds

$\frac{1}{4}$  cup grounded chia  
seeds

8 ounce shelled hemp  
hearts

16 ounce shredded  
unsweetened coconut

evenly and bake in the preheated oven for 10 minutes. Then rotate baking sheet and continue baking for another 5 minutes.

When the baking is done, transfer granola to a large plate and let it cool for 1 hour before serving.

## PEANUT BUTTER & CHOCOLATE CHIP MUFFINS

---

*Prep Time: 35 Minutes*

*Nutrition Facts Per Serving*

Calories: 245kcal    Total Fat: 21g    Saturated Fat: 2g

Cholesterol: 143mg    Sodium: 110mg    Carbs: 3g

Fiber: 1.6g    Protein: 10g

*Makes 6 servings*

### **Ingredients**

8-ounce almond flour

15 drops liquid stevia  
extract

1 teaspoon baking  
powder

1/8 teaspoon salt

1/3 cup peanut butter

### **Directions:**

Place baking rack on the middle shelf of the oven, set the oven at 350 degrees F and let preheat. Take a 6 cups muffin tray, grease with non-stick cooking spray and set aside until required.

In a small bowl combine chia and water and set aside until required.

In a large bowl mix together flour, stevia, baking powder and salt until combined. Gradually combine almond milk, peanut

## KETO BREAKFAST RECIPES

---

3 fluid ounce almond  
milk

2/3 cup chia flour

5 fluid ounce water

4-ounce chocolate  
chips

butter, and chia mixture until fully combined.

Fold in chocolate chips and spoon mixture evenly into prepared muffin cups.

Place muffin tray into heated oven and bake for 15 minutes or until inserted wooden skewer into the muffin comes out clean.

Let baked muffins cool in the muffin tray before turning out to cool completely and then serve.

## VEGETABLE CROQUETTES

---

*Prep time: 1 hour*

### *Nutrition Facts Per Serving*

Calories: 159kcal    Total Fat: 21g    Saturated Fat: 9g

Cholesterol: 143mg    Sodium: 472mg    Carbs: 17g

Fiber: 6g    Protein: 7g

*Makes 18 servings*

#### **Ingredients**

1.5-pound potatoes,  
boiled

1  $\frac{1}{4}$  cups almond  
milk, unsweetened  
and divided

2 teaspoons butter,  
unsalted and more as  
needed

1  $\frac{1}{4}$  teaspoons salt,

#### **Directions:**

Peel potatoes, cut into bite size pieces and then mash with  $\frac{1}{4}$  cup milk, butter, and  $\frac{3}{4}$  teaspoon salt until smooth, set aside until required.

Place a large skillet pan over a medium-high flame, add 3 tablespoons butter and let heat. Add red onion, garlic, pepper, broccoli, carrots and mushrooms and cook for 2-3 minutes.

Then add spinach and green onion and cook for 2-3 minutes or until sautéed. Stir in  $\frac{1}{4}$



## KETO BREAKFAST RECIPES

---

Half of a small red onion, peeled and chopped

2 teaspoons minced garlic

2 tablespoons broccoli florets

2 tablespoons red bell pepper

1 medium-sized carrot, peeled and grated

2 large mushrooms, chopped

1/3 cup spinach, chopped

2 green onion stalks, sliced

3 tablespoons olive oil

4-ounce all-purpose flour, sifted

2 tablespoons corn starch

teaspoon salt and then transfer mixture to mashed potato bowl.

Stir until well mixed and place mixture in the refrigerator until cool enough to handle.

When the mixture is cooled, divide evenly into 16-18 portions, then roll each portion into a ball and flatten into a patty.

Arrange patties on a large baking sheet and let cool in the freezer or until firm.

In a shallow dish stir together cornstarch, remaining milk and salt until blended.

In another shallow dish place flour and place bread crumbs in another shallow dish.

Working on one patty at a time, first cover each patty with flour, then dip into milk mixture and cover with breadcrumbs.

Place a large skillet pan over a medium-high flame, heat 2 tablespoons oil and cook patties in batches for 3-5 minutes until nicely golden brown and heated through. Serve warm.

## KETO BREAKFAST RECIPES

---

1 ½ cup bread  
crumbs

2 tablespoons olive  
oil

---

## RASPBERRY CHIA PUDDING

---

*Prep Time: 35 Minutes*

*Nutrition Facts Per Serving*

Calories: 317kcal    Total Fat: 21g    Saturated Fat: 11g

Cholesterol: 143mg    Sodium: 392mg    Carbs: 21g

Fiber: 1g    Protein: 11g

*Makes 4 servings*

### **Ingredients**

8 fluid ounce coconut  
milk, full-fat

4 fluid ounce water

5 ounce raspberries,  
fresh or frozen

2.7-ounce chia seeds

3 teaspoons vanilla  
extract, unsweetened

### **Directions:**

In a blender place a  $\frac{3}{4}$  portion of the berries, add milk and water and pulse until smooth.

Transfer this mixture into a medium-sized bowl, then add chia seeds, vanilla, stevia and stir until combined.

Let pudding sit for 30 minutes, then top with remaining berries and serve.

## KETO BREAKFAST RECIPES

---

5 drops liquid stevia  
extract

---

## FUDGE OATMEAL

---

*Prep Time: 10 Minutes*

*Nutrition Facts Per Serving*

Calories: 478kcal    Total Fat: 39.4g    Saturated Fat: 17.9g

Sodium: 128mg    Carbs: 13.3g    Fiber: 8.8g    Protein: 18.6g

*Makes 2 servings*

### **Ingredients**

1 cup Coconut milk

1/3 cup Manitoba  
Harvest hemp hearts

½ cup Sunflower  
butter

1 tablespoon Chia  
seed

1 tablespoon Cacao  
powder

### **Directions:**

Combine all the ingredients in a jar and stir well.

Refrigerate covered overnight.

## KETO BREAKFAST RECIPES

---

2 tablespoon Liquid  
stevia

3 drops Vanilla  
extract

$\frac{1}{2}$  teaspoon  
Himalayan rock salt

Just a pinch

## CREAMY HOT COCOA

---

*Prep time: 20 min cook: 2 hours*

### *Nutrition Facts Per Serving*

Calories: 40 kcal    Total Fat: 5g    Saturated Fat: 2g

Net Carbs: 3g    Fiber: 3g    Protein: 3g

*Makes 4 servings*

#### **Ingredients**

Unsweetened cocoa  
powder

1/4 cup + 2  
tablespoon Stevia 8-10  
packets

Salt – 1/4 teaspoon

Vanilla – 1 teaspoon

Unsweetened almond  
milk – 3 cups

#### **Directions:**

Combine all the ingredients in a  
crockpot.

Cook covered for 2 hours on  
low, stirring occasionally.

Stir well.

---

## MACA ALMOND SMOOTHIE

---

*Prep Time: 5 Minutes*

*Nutrition Facts Per Serving*

Calories: 500 kcal    Total Fat: 43.8g    Saturated Fat: 25.5g

Carbs: 10.9g    Fiber: 4.7g    Protein: 14.6g

*Makes 1 servings*

### **Ingredients**

Almond milk  
(unsweetened) –  $\frac{3}{4}$   
cup

Coconut milk –  $\frac{1}{4}$   
cup

Almond butter  
(unsweetened) – 1  
tablespoon

Extra virgin coconut  
oil – 1 tablespoon

### **Directions:**

Mix together all the ingredients  
in a blender.

Blend until smooth.



## KETO BREAKFAST RECIPES

---

Collagen powder – 1  
tablespoon

Maca powder – 2  
teaspoon

## NUT PACKED COCONUT GRANOLA

---

*Prep Time: 5 Minutes Cook: 28 Min*

### *Nutrition Facts Per Serving*

Calories: 218kcal    Total Fat: 18.5g    Saturated Fat: 3.6g

Sodium: 24mg    Carbs: 10.6g    Fiber: 4.7g    Protein: 6.2g

*Makes 20 servings*

#### **Ingredients**

Coconut flakes  
(unsweetened) – ½  
cup

Raw almonds  
(slivered) – 2 cups

Raw pecans – 1 ¼  
cup

Raw walnuts – 1 cup

Chia seeds – 3  
tablespoon

#### **Directions:**

Mix together the nuts, coconut, coconut sugar, cinnamon, flax seed meal, and salt in a bowl.

Heat the coconut oil and maple syrup lightly in a saucepan over medium flame and pour it over the mixture in the bowl.

Transfer the mixture onto a baking sheet, spreading it well and bake in an oven preheated to 325 degrees Fahrenheit for 20 minutes.

Mix in the sunflower seeds and blueberries and bake at 340

## KETO BREAKFAST RECIPES

---

Flax seed meal – 1  
tablespoon

Cinnamon (ground) –  
1 ½ teaspoon

Coconut sugar – 2  
tablespoon

Sea salt – ¼ teaspoon

Coconut oil – 3  
tablespoon

Maple syrup – ¼ cup  
+ 1 tablespoon

Dried blueberries – ¼  
cup

Roasted sunflower  
seeds (unsalted) – ¼  
cup

degrees Fahrenheit for 5-8  
minutes.

Remove and leave to cool.

---

## CHOCO-GREEN SMOOTHIE

---

*Prep time: 5 minutes*

*Nutrition Facts Per Serving*

Calories: 186 kcal    Total Fat: 16.3g    Carbs: 11g

Fiber: 6g    Protein: 4.6g

*Makes 2 servings*

**Ingredients**

Frozen berries – ½  
cup

Coconut cream – 1  
cup

Cocoa powder – ¼  
cup

Granulated sweetener  
– 1 tablespoon

**Directions:**

Combine all the ingredients in a high speed blender.

Blend until smooth.

## COCONUT MUESLI

---

*Prep Time: 1 Min Cook: 8 Min*

*Nutrition Facts Per Serving*

Calories: 200 kcal    Total Fat: 17.8g    Carbs: 6.1g

Fiber: 3.3g    Protein: 6.9g

*Makes 15 servings*

### **Ingredients**

Flaked coconut  
(unsweetened) – 1  
cup

Sunflower seeds – 1  
cup

Pumpkin seeds – 1  
cup

Almonds (sliced) – 1  
cup

Pecans – ½ cup

Hemp hearts – ½ cup

### **Directions:**

Toss together all the ingredients  
in a baking pan.

Bake for 7-8 minutes at 350  
degrees Fahrenheit.

Leave to cool.

Serve with almond milk.

## KETO BREAKFAST RECIPES

---

Cinnamon – 2  
teaspoons

Vanilla extract –  $\frac{1}{2}$   
teaspoon

Vanilla stevia –  $\frac{1}{4}$   
teaspoon

---

## FRUIT & NUT CEREAL

---

*Prep Time: 5 Minutes*

*Nutrition Facts Per Serving*

Calories: 308 kcal   Total Fat: 32.59g   Carbs: 2.96g

Fiber: 5.79g   Protein: 7.88g

*Makes 1 servings*

### **Ingredients**

Frozen berries – ½  
cup

Coconut cream – 1  
cup

Cocoa powder – ¼  
cup

Granulated sweetener  
– 1 tablespoon

### **Directions:**

Combine together all the ingredients in a bowl except the coconut milk.

Stir in the coconut milk.

## COCO-COFFEE MUG

---

*Prep time: 5 minutes*

*Nutrition Facts Per Serving*

Calories: 277 kcal   Total Fat: 27g   Carbs: 7g

Fiber: 5g   Protein: 4g

*Makes 1 servings*

### **Ingredients**

Flaxseed (ground) – 2  
tablespoon

Coconut flakes  
(unsweetened) – 2  
tablespoon

Coconut oil – 1  
tablespoon

Liquid sweetener – to  
taste

### **Directions:**

Mix together the coconut flakes, coconut oil and flaxseed.

Pour the hot coffee over it and mix well along with the sweetener.



## KETO BREAKFAST RECIPES

---

Black coffee  
(unsweetened) – ½  
cup

---

## BREAKFAST PUDDING

---

*Prep time: 5 minutes*

### *Nutrition Facts Per Serving*

Calories: 328kcal    Total Fat: 34.2g    Saturated Fat: 30.8g

Carbs: 8.8g    Fiber: 3.1g    Protein: 3.2g

*Makes 3 servings*

#### **Ingredients**

Coconut milk (full-fat) – 1 ½ cup

Frozen raspberries – 1 cup

MCT oil – ¼ cup

Apple cider vinegar – 1 tablespoon

Vanilla extract – 1 teaspoon

Stevia – 3 drops

#### **Directions:**

Combine all the ingredients in a food processor.

Blend until smooth.

Serve chilled topped with fresh berries.

## KETO BREAKFAST RECIPES

---

Chia seeds – 2  
tablespoons

Fresh berries – for  
topping

---

## GREEN BREAKFAST SMOOTHIE

---

*Prep time: 5 minutes*

### *Nutrition Facts Per Serving*

Calories: 375 kcal    Total Fat: 25g

Net Carbs: 4g    Protein: 30g

*Makes 4 servings*

#### **Ingredients**

Almond milk – 2 cup

Spinach – 1 oz.

Cucumber – 1  $\frac{3}{4}$  oz.

Celery – 1  $\frac{3}{4}$  oz.

Avocado – 1  $\frac{3}{4}$  oz.

Coconut oil – 1  
tablespoon

#### **Directions:**

Blend together the spinach and almond milk in a blender.

Mix in the rest of the ingredients except the chia seeds and blend until smooth and creamy.

Serve garnished with chia seeds.

## KETO BREAKFAST RECIPES

---

Liquid stevia – 10  
drops

Isopure Protein  
powder – 1 scoop

Chia seeds – ½  
teaspoon

---

## CHOCOLATE GRANOLA

---

*Prep Time: 10*

*Cooks: 20 Min*

*Nutrition Facts Per Serving*

Calories: 187 kcal    Total Fat: 17.5g

Carbs: 6.2g    Fiber: 4g    Protein: 4.3g

*Makes 32 servings*

### **Ingredients**

Coconut oil (melted)  
– 1.8 oz.

Cocoa (unsweetened)  
– 1/8 cup

Granulated sweetener  
of choice – 2  
tablespoon

Cinnamon – 1  
teaspoon

### **Directions:**

Mix together the coconut oil, cinnamon, sweetener and cocoa powder.

Toss together all the nuts, seeds and coconut in a baking dish and pour the cocoa mixture over, stirring well.

Bake for 20 minutes at 350 degrees Fahrenheit until crisp and brown, tossing every 4 minutes.

## KETO BREAKFAST RECIPES

---

Shredded coconut –  
14 oz.

Pumpkin seeds – 3.5  
oz.

Sunflower seeds – 3.5  
oz.

Almonds (chopped) –  
3.5 oz.

Walnuts (chopped) –  
3.5 oz.

Flax seeds – 3.5 oz.

---

## RAW MUESLI

---

*Prep Time: 5 Minutes*

*Nutrition Facts Per Serving*

Calories: 298 kcal    Total Fat: 26g    Carbs: 8.6g

Fiber: 4.4g    Protein: 9.4g

*Makes 20 servings*

### **Ingredients**

Shredded Coconut  
(unsweetened) – 2  
cups

Pumpkin seeds – 1  
cup

Walnut pieces – 1 cup

Almonds (chopped) –  
1 cup

Sunflower seeds – 1  
cup

### **Directions:**

Combine all the ingredients together and seal in an airtight jar.

Serve with coconut cream.



## KETO BREAKFAST RECIPES

---

Sesame seeds – 1 cup

Linseed (ground) – 1  
cup

## SCRAMBLED TOFU

---

*Prep Time: 10 Min*

*Cook: 20 Min*

*Nutrition Facts Per Serving*

Calories: 252kcal   Total Fat: 19g   Saturated Fat: 3g   Sodium:  
516mg   Carbs: 12.7g   Fiber: 3g   Protein: 12g

*Makes 2 servings*

### **Ingredients**

Extra firm tofu (pat  
dried) – 8 oz.

Red onion (sliced  
thinly) –  $\frac{1}{4}$

Kale (chopped) – 2  
cups

Olive oil – 2  
tablespoon

Sea salt –  $\frac{1}{2}$  teaspoon

### **Directions:**

Mix together the dry spices, salt and some water in a bowl to make the sauce.

Heat oil in a skillet and sauté the red pepper and onion in it, seasoning with a pinch of salt and pepper.

Mix in the kale and steam covered for 2 minutes.

Crumble the tofu into small pieces and add the tofu to the skillet, sautéing for 2 minutes.

## KETO BREAKFAST RECIPES

---

Chili powder –  $\frac{1}{4}$   
teaspoon

Garlic powder –  $\frac{1}{2}$   
teaspoon

Turmeric –  $\frac{1}{4}$   
teaspoon

Cumin powder –  $\frac{1}{2}$   
teaspoon

Pour in the sauce and stir well.  
Cook for 5-7 minutes.

## MAPLE-PECAN FAT BARS

---

*Prep time: 10 min*

*Cook: 30 min*

*Nutrition Facts Per Serving*

Calories: 303 kcal    Total Fat: 30.5g

Net Carbs: 2g    Protein: 4.9g

*Makes 12 servings*

### **Ingredients**

Pecan halves – 2 cups

Almond flour – 1 cup

Golden flaxseed meal  
– ½ cup

Shredded coconut  
(unsweetened) – ½  
cup

Coconut oil – ½ cup

### **Directions:**

Toast the pecans at 350 degrees Fahrenheit in an oven for 6-7 minutes and then crush by placing in a plastic bag.

Mix together all the dry ingredients in a bowl including the crushed pecans.

Mix in the wet ingredients and make a dough that is still crumbly.

Spread the mixture onto a casserole dish and press.

## KETO BREAKFAST RECIPES

---

Maple syrup – ¼ cup

Liquid stevia – ¼  
teaspoon

Bake for 20-25 minutes.

Leave to cool at room  
temperature and then  
refrigerate for an hour.

## BLUEBERRY PORRIDGE

---

*Prep time: 5 min*

*Cook: 5 min*

*Nutrition Facts Per Serving*

Calories: 405 kcal    Total Fat: 34g

Net Carbs: 8g    Protein: 10g

*Makes 2 servings*

### **Ingredients**

Almond milk – 1 cup

Ground flaxseed – ¼  
cup

Coconut flour – ¼  
cup

Cinnamon – 1  
teaspoon

Vanilla extract – 1  
teaspoon

### **Directions:**

Heat the almond milk over low flame and whisk in the flour, flaxseed, salt and cinnamon.

Mix in the vanilla extract and stevia, once it begins to bubble.

Remove from the flame once the mixture is thick.

Serve topped with shaved coconut, pumpkin seeds and some blueberries.

## KETO BREAKFAST RECIPES

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Liquid stevia – 10  
drops

Salt – a pinch

## MACADAMIA BREAKFAST BARS

---

*Prep time: 5 min*

*Cook: 5 min*

*Nutrition Facts Per Serving*

Calories: 425kcal    Total Fat: 42g    Cholesterol: 0mg

Sodium: 9mg    Carbs: 9g    Fiber: 5g    Protein: 6g

*Makes 5 servings*

### **Ingredients**

Macadamia nuts  
(crushed) – 2.1 oz.

Almond butter – ½  
cup

Coconut oil – ¼ cup

Shredded coconut  
(unsweetened) – 6  
tablespoons

### **Directions:**

Mix together all the ingredients in a bowl and then pour it into a baking dish lined with parchment paper.

Leave refrigerated overnight



## KETO BREAKFAST RECIPES

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Stevia drops - 20

---

## PSYLLIUM BREAKFAST MIX

---

*Prep Time: 10 Minutes*

*Nutrition Facts Per Serving*

Calories: 49 kcal    Total Fat: 3.8g

Net Carbs: 2.3g    Fiber: 1.7g    Protein: 2g

*Makes 23 servings*

### **Ingredients**

Psyllium husk – 2  
tablespoon

Hemp seeds – 7  
tablespoon

Ground flaxseed – 5  
tablespoon

Ground sesame – 2  
tablespoon

Coconut flakes  
(unsweetened) – 5  
tablespoons

### **Directions:**

Combine all the ingredients in a jar.

Shake well and seal.

Serve softened with water or black coffee.

## KETO BREAKFAST RECIPES

---

Dark cocoa  
(unsweetened) – 2  
tablespoon

---

## NUTELLA SPREAD

---

*Prep Time: 10 Min*

*Cook: 5 Min*

*Nutrition Facts Per Serving*

Calories: 193 kcal    Total Fat: 18.7g    Saturated Fat: 4.2g

Carbs: 5.9g    Fiber: 2.9g    Protein: 3.9g

*Makes 16 servings*

### **Ingredients**

Hazelnut (peeled,  
roasted) – 1 cup

Macadamia nuts  
(roasted) – 1 cup

Almonds (roasted) –  
½ cup

Dark chocolate – 3.5  
oz.

### **Directions:**

Combine the chocolate and coconut oil in a bowl and melt it in a water bath.

Process the nuts in a food processor until powdered.

Add the rest of the ingredients and process until smooth.

Scoop the squash into a bowls and pour in the cashew milk.

Sprinkle the ginger and toasted coconut on top and serve.

## KETO BREAKFAST RECIPES

---

Virgin coconut oil – 1  
tablespoon

Powdered erythritol –  
2 tablespoon

Cacao powder – 1  
tablespoon

Vanilla powder – ½  
teaspoon

---

## MACADAMIA NUT SPREAD

---

*Prep Time: 15 Min*

*Cook: 1 Hour*

*Nutrition Facts Per Serving*

Calories: 164kcal    Total Fat: 17g    Saturated Fat: 3g

Cholesterol: 0mg    Sodium: 16.2mg    Carbs: 4g

Fiber: 2g    Protein: 2g

*Makes 3 cups*

### **Ingredients**

Macadamia Nuts  
(soaked in water for  
45 mins) – 19 oz.

Sea Salt – 2 teaspoons

Ground black pepper  
– ½ teaspoon

Minced shallots – 6  
tablespoons

### **Directions:**

Add the nuts with 2 cups water in a high-speed blender and blend until smooth.

Set a colander over a bowl and line it using a cheesecloth and then pour the blended nut mixture into it.

Wrap the cheesecloth around the nut mixture and squeeze it to remove the liquid out. Leave for an hour.

## KETO BREAKFAST RECIPES

---

Fresh lemon juice –  
¼ cup

Lemon zest – 2  
teaspoon

Chopped parsley – ¼  
cup

Combine the nut mixture and the rest of the ingredients except the parsley and shape into 2 logs, rolling in the parsley.

Place in the refrigerator for up to five days.

---

## MINT CHOCO SMOOTHIE

---

*Prep Time: 10 Minutes*

*Nutrition Facts Per Serving*

Calories: 401kcal    Total Fat: 40.3g    Saturated Fat: 26.6g

Carbs: 14.3g    Fiber: 7.8g    Protein: 5g

*Makes 1 servings*

### **Ingredients**

Almond milk  
(unsweetened) – 1  
cup

Coconut milk – 1 cup  
Avocado – ½

Cocoa powder – 1  
tablespoon

Fresh mint – few  
leaves

Powdered erythritol –  
2 tablespoon

### **Directions:**

Mix together all the ingredients  
in a blender.

Blend until smooth.



## KETO BREAKFAST RECIPES

---

Cacao powder – 1  
tablespoon

MCT oil – 1  
tablespoon

Ice cubes – just a few

## PSYLLIUM FLATBREAD

---

*Prep Time: 10 Min Cook: 25 Min*

### *Nutrition Facts Per Serving*

Calories: 136kcal    Total Fat: 8.5g    Net Carbs: 2.2g

Fiber: 5.3g    Protein: 7g

*Makes 6 servings*

#### **Ingredients**

Combine the eggs  
and Goat cheese – 6  
oz.

Eggs - 3

Psyllium husk powder  
– 6 tablespoons

Dried blueberries  
(frozen) – 2  
tablespoons

Baking powder – ½  
teaspoon

#### **Directions:**

Combine the eggs and goat cheese in a bowl, mixing well.

Mix in the baking powder, blueberries and then the mix in the husk powder.

Leave aside for a minute and then transfer the mixture into a baking tray lined with parchment paper.

Bake for 25 minutes in an oven preheated to 350 degrees Fahrenheit.

## COCONUT CREPES

---

*Prep Time: 10 Min*

*Cook: 32 Min*

*Nutrition Facts Per Serving*

Calories: 260kcal    Total Fat: 22.2g    Net Carbs: 3.9g

Fiber: 3.2g    Protein: 8.2g

*Makes 2 servings*

### **Ingredients**

Coconut flour – 2  
tablespoons

Heavy cream – 4  
tablespoons

Eggs – 2

Water – ½ cup

Butter – 1 tablespoon

Salt – Just a pinch

### **Directions:**

Add some butter over medium flame and spread.

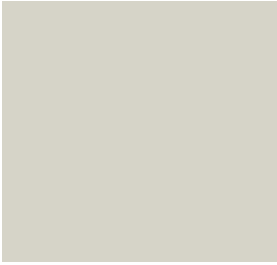
Place the rest of the ingredients in a blender and blend.

Add 2 tablespoon of the blended batter on the pan and spread until you get a thin crepe.

Cook until it begins bubbling on the top after 3-5 minutes and then flip, cooking for an additional 30 seconds.

## KETO BREAKFAST RECIPES

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Add some butter again and repeat with the rest of the batter.

---

## CHIA ALMOND SMOOTHIE

---

*Prep Time: 3 Minutes*

*Nutrition Facts Per Serving*

Calories: 581 kcal    Total Fat: 50g    Carbs: 25g

Fiber: 12g    Protein: 17g

*Makes 1 servings*

**Ingredients**

Almond milk – ½  
cup

Almond butter – 2  
tablespoon

Chia seeds (ground) –  
2 tablespoon

Coconut cream – ¼  
cup

Vanilla – 1 teaspoon

**Directions:**

Combine all the ingredients in a high speed blender.

Blend until smooth.

## KETO BREAKFAST RECIPES

---

Natural yoghurt  
(unsweetened) – ½  
cup

Granulated sweetener  
– 1 tablespoon

---

## NUT PACKED COCONUT GRANOLA

---

*Prep Time: 5 Minutes*

*Cook: 28 Min*

*Nutrition Facts Per Serving*

Calories: 218 kcal    Total Fat: 18.5g    Saturated Fat: 3.6g

Sodium: 24mg    Carbs: 10.6g    Fiber: 4.7g    Protein: 6.2g

*Makes 20 servings*

### **Ingredients**

Coconut flakes  
(unsweetened) – ½  
cup

Raw almonds  
(slivered) – 2 cups

Raw pecans – 1 ¼  
cup

Raw walnuts – 1 cup

### **Directions:**

Mix together the nuts, coconut, coconut sugar, cinnamon, flax seed meal, and salt in a bowl.

Heat the coconut oil and maple syrup lightly in a saucepan over medium flame and pour it over the mixture in the bowl.

Transfer the mixture onto a baking sheet, spreading it well and bake in an oven preheated to 325 degrees Fahrenheit for 20 minutes.

## KETO BREAKFAST RECIPES

---

Chia seeds – 3  
tablespoon F

Flax seed meal – 1  
tablespoon

Cinnamon (ground) –  
1 ½ teaspoon

Coconut sugar – 2  
tablespoon

Sea salt – ¼ teaspoon

Coconut oil – 3  
tablespoon

Maple syrup – ¼ cup  
+ 1 tablespoon

Dried blueberries – ¼  
cup

Roasted sunflower  
seeds (unsalted) – ¼  
cup

Mix in the sunflower seeds and blueberries and bake at 340 degrees Fahrenheit for 5-8 minutes.

Remove and leave to cool.



## CHOCO – BREAKFAST WAFFLES

---

*Prep Time: 15 Minutes*

*Cook: 20 Min*

*Nutrition Facts Per Serving*

Calories: 289 kcal    Total Fat: 26.6g    Carbs: 7g

Fiber: 3.6g    Protein: 7.2g

*Makes 5 servings*

### **Ingredients**

Eggs (separated) – 5

Coconut flour – 4  
tablespoon

Cocoa (unsweetened)  
– ¼ cup

Granulated sweetener  
– 3 tablespoon

### **Directions:**

Place the egg whites in a bowl and whisk till stiff peaks are formed.

In another bowl mix together the coconut flour, egg yolks, cocoa, baking powder and sweetener.

Gradually add in the butter to the dry mix and mix well.

Mix in the milk and vanilla.

## KETO BREAKFAST RECIPES

---

Baking powder – 1  
teaspoon

Vanilla – 1 teaspoon

Full-fat milk – 3  
tablespoon

Butter (melted) – 4 ½  
oz.

Finally, fold in the egg whites, a little at a time.

Transfer the mixture onto a baking sheet, spreading it well. Place portions of the mixture into a heated waffle maker and cook until golden.

Repeat with the rest of the mixture.

## PUMPKIN SPICE SCONES

---

*Prep Time: 10 Min*

*Cook: 40 Min*

*Nutrition Facts Per Serving*

Calories: 137 kcal    Total Fat: 11g    Net Carbs: 3.7g

Fiber: 5.8g    Protein: 6.3g

*Makes 6 servings*

### **Ingredients**

Coconut flour – ½  
cup

Salted butter – ¼ cup

Greek yoghurt – 6  
tablespoon

Pumpkin puree - 6  
tablespoon

Eggs – 2

### **Directions:**

Mix together the coconut flour, spices and Swerve in a bowl.

Cut the butter into the flour mix until it resembles crumbs.

Mix in the pumpkin puree and yoghurt, till well combined.

Mix in the eggs, one at a time, till incorporated completely.

Scoop the mixture onto a baking tray and bake in an oven preheated to 350 degrees

## KETO BREAKFAST RECIPES

---

Swerve – 2  
tablespoon

Pumpkin pie spice – 2  
teaspoon

Fahrenheit for 40 minutes until  
the tops just begin to brown.

Leave to cool.

## STREUSEL SCONES

---

*Prep Time: 15 Min*

*Cook: 20 Min*

*Nutrition Facts Per Serving*

Calories: 145kcal    Total Fat: 11.6g    Saturated Fat: 1.3g

Sodium: 12mg    Carbs: 5.9g    Fiber: 2.6g    Protein: 0.6g

*Makes 12 servings*

### **Ingredients**

Almond flour – 2  
cups

Baking powder – 1  
teaspoon

Ground stevia leaf –  
 $\frac{1}{4}$  teaspoon

Fresh blueberries – 1  
cup

Salt – Just a pinch

### **Directions:**

Mix together all the topping ingredients in a bowl and place aside.

In another bowl, mix together the flour, stevia, salt and baking powder, whisking to combine.

Mix in the blueberries.

Mix the milk and egg in yet another bowl and pour it into the flour mix until well combined.

Shape portions of the mixture to form 12 scones and place on

## KETO BREAKFAST RECIPES

---

Egg – 1

Almond milk – 2  
tablespoons

Topping:

Egg white – 1  
tablespoon

Slivered almonds –  $\frac{1}{4}$   
cup

Cinnamon (ground) –  
 $\frac{1}{2}$  teaspoon

Stevia – Just a pinch

a cookie sheet lined with  
parchment paper.

Bake in an oven preheated to  
375 degrees Fahrenheit for 20-  
22 minutes until golden.

## STRAWBERRY CHOCO- PROTEIN SHAKE

---

*Prep Time: 5 Minutes*

*Nutrition Facts Per Serving*

Calories: 351kcal    Total Fat: 25g    Carbs: 4g

Fiber: 2.6g    Protein: 27g

*Makes 2 servings*

### **Ingredients**

Almond milk  
(unsweetened) – 16  
oz.

Heavy cream – 4 oz.

Chocolate Whey  
Isolate powder (from  
Jay Robb) – 2 scoops  
Strawberry syrup  
(sugar free) – 1  
tablespoon

### **Directions:**

Combine all the ingredients in a  
high speed blender.

Blend until smooth

## KETO BREAKFAST RECIPES

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Crushed ice – ½ cup



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## CINNAMON CAULIFLOWER OATMEAL

---

*Prep time: 10 min*

*Cook: 10 min*

*Nutrition Facts Per Serving*

Calories: 398 kcal    Total Fat: 37.7g

Net Carbs: 3.1g    Protein: 8.8g

*Makes 6 servings*

### **Ingredients**

Crushed pecans  
(toasted) – 1 cup

Flax seed – 1/3 cup

Chia seed – 1/3 cup

Cauliflower (riced) –  
½ cup

### **Directions:**

Heat the coconut milk in a pan over low flame and add the pecans to it.

Add the cauliflower and bring to boil.

Reduce the flame and simmer.

Mix in the spices, erythritol, stevia, chia seeds and flax seeds.

Mix in the butter, cream cheese and xanthan gum.

## KETO BREAKFAST RECIPES

---

Coconut milk – 3 ½  
cups

Cream cheese – 3 oz.

Heavy cream – ¼ cup

Butter – 3 tablespoon

Cinnamon – 1 ½  
teaspoon

Maple flavor – 1  
teaspoon

Vanilla – ½ teaspoon

Nutmeg – ¼  
teaspoon

Allspice – ¼  
teaspoon

Erythritol (powdered)  
– 3 tablespoon

Xanthan gum – 1/8  
teaspoon

Liquid stevia – 10  
drops

## MAPLE-PECAN FAT BARS

---

*Prep Time: 10 Min*

*Cook: 30 Min*

*Nutrition Facts Per Serving*

Calories: 303 kcal    Total Fat: 30.5g

Net Carbs: 2g    Protein: 4.9g

*Makes 12 servings*

### **Ingredients**

Pecan halves – 2 cups

Almond flour – 1 cup

Golden flaxseed meal  
– ½ cup

Shredded coconut  
(unsweetened) – ½  
cup

Coconut oil – ½ cup

### **Directions:**

Toast the pecans at 350 degrees Fahrenheit in an oven for 6-7 minutes and then crush by placing in a plastic bag.

Mix together all the dry ingredients in a bowl including the crushed pecans.

Mix in the wet ingredients and make a dough that is still crumbly.

Spread the mixture onto a casserole dish and press.

## KETO BREAKFAST RECIPES

---

Maple syrup – ¼ cup

Liquid stevia – ¼  
teaspoon

Bake for 20-25 minutes.

Leave to cool at room  
temperature and then  
refrigerate for an hour.

## MACADAMIA BERRY GRANOLA

---

*Prep Time: 10 Min*

*Cook: 20 Min*

*Nutrition Facts Per Serving*

Calories: 297 kcal    Total Fat: 27g

Carbs: 16g    Fiber: 11g    Protein: 6g

*Makes 8 servings*

### **Ingredients**

Macadamia nuts  
(chopped) – 4 oz.

Raw almonds (sliced,  
chopped)) – 4 oz.

Raw cacao nibs – 2  
oz.

### **Directions:**

Toss together the nuts, cacao nibs and salt in a bowl and then mix in the butter.

Mix in the syrup and then the egg white.

Transfer the granola onto a baking sheet lined with parchment paper and spread.

Bake in an oven preheated to 325 degrees Fahrenheit for 15-25 minutes.

## KETO BREAKFAST RECIPES

---

Flaked coconut  
(unsweetened) – 1 ½  
oz.

Strawberries (frozen,  
dried) – ½ cup

Butter (melted) – 2  
tablespoons

Egg white (beaten) –  
1

Sukrin Fiber Syrup  
Clear – ¼ cup

Swerve Confectioners  
- 1 tablespoon

Salt – Just a pinch

Leave to cool and then toss in the strawberries and coconut flakes.

## CINNAMON APPLE BREAKFAST BARS

---

*Prep Time: 5 Min*

*Cook: 25 Min*

*Nutrition Facts Per Serving*

Calories: 184 kcal    Total Fat: 16.5g

Carbs: 2.5g    Fiber: 2.6g    Protein: 5g

*Makes 8 servings*

### **Ingredients**

Eggs - 4

Pecans (made into  
flour) – 1 cup

Frozen dried apples  
(crumbled) – ¼ cup

Coconut butter – ¼  
cup

### **Directions:**

Mix together all the ingredients  
in a bowl.

Transfer into a greased baking  
pan and spread evenly.

Bake in an oven preheated to  
350 degrees Fahrenheit for 25  
minutes until a knife inserted  
comes out clean.

## KETO BREAKFAST RECIPES

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Five spice blend – 2  
teaspoon

Vanilla extract – 1  
teaspoon

Liquid stevia – 10  
drops



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## SCRAMBLED EGGS WITH PESTO

---

*Prep Time: 5 Min*

*Cook: 5 Min*

*Nutrition Facts Per Serving*

Calories: 467kcal   Total Fat: 41.5g   Saturated Fat: 19.6g

Carbs: 3.3g   Fiber: 0.7g   Protein: 20.4g

*Makes 3 servings*

### **Ingredients**

Eggs - 3

Butter – 1 tablespoon

Green pesto – 1  
tablespoon

Creamed coconut  
milk – 2 tablespoon

Salt to taste

### **Directions:**

Beat together the eggs, salt and pepper.

Melt butter on a pan and add the eggs to it on low flame, stirring continuously until dried up.

Mix in the pesto.

Remove from the flame and mix in the coconut milk.

## KETO BREAKFAST RECIPES

---

Ground pepper to  
taste

## GARLICKY COCONUT BAGELS

---

*Prep Time: 5 Min*

*Cook: 15 Min*

*Nutrition Facts Per Serving*

Calories: 191 kcal    Total Fat: 16g    Saturated Fat: 9g

Cholesterol: 213mg    Sodium: 352.2mg    Carbs: 6g

Fiber: 3g    Protein: 8g

*Makes 6 servings*

### **Ingredients**

Eggs - 6

Butter (melted) – 1/3  
cup

Coconut flour (sifted)  
– 1/2 cup

### **Directions:**

Mix together the butter, eggs, garlic powder and salt.

Mix together the flour, gum and baking powder in another bowl.

Add the dry mixture to the wet, mixing well until no lumps are formed.

Grease a donut pan and transfer the mixture into it.

## KETO BREAKFAST RECIPES

---

Guar gum – 2  
teaspoons

Garlic powder – 1 ½  
teaspoons

Salt – ½ teaspoon

Baking powder – ½  
teaspoon

Bake for 15 minutes at 400  
degrees Fahrenheit.

Leave to cool.

## TOMATO ZUCCHINI BREAD

---

*Prep Time: 10 Min*

*Cook: 50 Min*

*Nutrition Facts Per Serving*

Calories: 262 kcal    Total Fat: 23g

Net Carbs: 3g    Protein: 8g

*Makes 12 servings*

### **Ingredients**

Eggs - 4

Salted butter (melted)  
–  $\frac{3}{4}$  cup

Almond milk  
(unsweetened) –  $\frac{1}{2}$   
cup

Zucchini (shredded,  
dried with paper  
towel) –  $\frac{1}{2}$  cup

### **Directions:**

Mix together all the wet ingredients in a blender and blend until smooth.

Mix together all the dry ingredients in a bowl.

Add the wet mixture to the dry, mixing well until no lumps are formed.

Mix in the cheese.

Grease a loaf pan and transfer the mixture into it.

## KETO BREAKFAST RECIPES

---

Sun dried tomatoes  
(chopped) – 2  
tablespoons

Almond flour – 2  
cups

Coconut flour – ¼  
cup

Baking powder – 4  
teaspoon

Granulated sugar  
substitute – 1  
teaspoon

Kosher salt – 1 ¼  
teaspoon

Xanthan gum – ½  
teaspoon

Dried oregano – ½  
teaspoon

Dried parsley – ½  
teaspoon

Garlic powder – ¼  
teaspoon

Shredded Asiago  
cheese – ½ cup

Bake for 50-60 minutes at 350  
degrees Fahrenheit.

## COCONUT MUESLI

---

*Prep Time: 1 Min*

*Cook: 8 Min*

*Nutrition Facts Per Serving*

Calories: 200 kcal    Total Fat: 17.8g    Sodium: 3mg

Carbs: 6.1g    Fiber: 3.3g    Protein: 6.9g

*Makes 15 servings*

### **Ingredients**

Flaked coconut  
(unsweetened) – 1  
cup

Sunflower seeds – 1  
cup

Pumpkin seeds – 1  
cup

Almonds (sliced) – 1  
cup

### **Directions:**

Toss together all the ingredients  
in a baking pan.

Bake for 7-8 minutes at 350  
degrees Fahrenheit.

Leave to cool.

Serve with almond milk.

## KETO BREAKFAST RECIPES

---

Pecans – ½ cup

Hemp hearts – ½ cup

Cinnamon – 2  
teaspoons

Vanilla extract – ½  
teaspoon

Vanilla stevia – ¼  
teaspoon



## SPINACH & SAUSAGE BREAKFAST FRITTATA

---

*Prep Time: 10 Min*

*Cook: 2-3 Hours*

*Nutrition Facts Per Serving*

Calories: 238 kcal    Total Fat: 16g    Saturated Fat: 5g

Cholesterol: 98mg    Sodium: 844mg    Carbs: 3g

Fiber: 1g    Protein: 20g

*Makes 6 servings*

### **Ingredients**

Frozen spinach  
(drained, chopped) –  
 $\frac{3}{4}$  cups

Red bell pepper  
(diced) – 1  $\frac{1}{2}$  cups

### **Directions:**

Grease a slow cooker and mix all the ingredients in it.

Cook for 2-3 hours on low.

## KETO BREAKFAST RECIPES

---

Red onion (diced) –  
1/4 cup Eggs (beaten)  
– 8

Sea salt – 1 teaspoon

Black pepper – 1/2  
teaspoon

Sausage (cooked) – 1  
1/3 cups

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## CREAMY HOT COCOA

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*Prep Time: 20 Min*

*Cook: 2 Hours*

*Nutrition Facts Per Serving*

Calories: 40 kcal    Total Fat: 5g    Saturated Fat: 2g

Net Carbs: 3g    Fiber: 3g    Protein: 3g

*Makes 4 servings*

### **Ingredients**

Unsweetened cocoa  
powder – 1/4 cup + 2  
tablespoon

Stevia – 8-10 packets

Salt – 1/4 teaspoon

Vanilla – 1 teaspoon

Unsweetened almond  
milk – 3 cups

### **Directions:**

Combine all the ingredients in a  
crockpot.

Cook covered for 2 hours on  
low, stirring occasionally.

Stir well.

## KETO BREAKFAST RECIPES

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Half and half – ¼ cup

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## NUTMEG PUMPKIN BREAD

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*Prep Time: 20 Min*

*Cook: 2 Hours 45 Min*

*Nutrition Facts Per Serving*

Calories: 159 kcal    Total Fat: 65g    Saturated Fat: 1g

Sodium: 70mg    Carbs: 21g    Fiber: 3g    Protein: 4g

*Makes 16 servings*

### **Ingredients**

100% apple juice –  $\frac{3}{4}$   
cup

Dried apple juice  
sweetened cranberries  
–  $\frac{1}{2}$  cup

Coconut flour –  $1 \frac{3}{4}$   
cups

Maple sugar flakes –  
 $\frac{1}{2}$  cup

### **Directions:**

Mix together the cranberries and apple juice in a saucepan and bring to boil. Leave aside for 10 minutes.

Mix together all the dry ingredients in a bowl.

In another bowl, mix together all the wet ingredients including the cranberry mix.

Add the wet ingredients to the dry along with the pecans and mix well.

## KETO BREAKFAST RECIPES

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Baking powder – 2  
teaspoons

Nutmeg (ground) – 1  
teaspoon

Baking soda –  $\frac{1}{4}$   
teaspoon

Ground all spice –  $\frac{1}{4}$   
teaspoon

Sea salt -  $\frac{1}{4}$  teaspoon

Pumpkin (cooked,  
pureed) – 1 cup

Plain Greek yoghurt  
(non-fat) –  $\frac{1}{2}$  cup

Egg whites - 4

Safflower oil –  $\frac{1}{4}$  cup

Vanilla extract – 1  
tablespoon

Pecan pieces  
(unsalted, toasted) – 2  
oz.

Transfer the mixture into a greased loaf pan.

Place in a slow cooker on a rack.

Cook for 2 hours 45 minutes on high.

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## HASH BROWN CASSEROLE

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*Prep Time: 10 Min*

*Cook: 2-3 Hours*

*Nutrition Facts Per Serving*

Calories: 342 kcal    Total Fat: 22g    Saturated Fat: 10g

Cholesterol: 357mg    Sodium: 648mg    Carbs: 14g

Fiber: 2g    Protein: 21g

*Makes 8 servings*

### **Ingredients**

Frozen hash browns  
(shredded) – 20 oz.

Thick cut bacon  
(cooked, chopped) –  
8 slices Cheddar  
cheese (shredded) – 8  
oz.

Green onions (thinly  
sliced) – 6

### **Directions:**

Grease a slow cooker with oil and layer hash browns, bacon, cheese and green onions, repeating the layering another time.

Whisk together the rest of the ingredients and pour over.

Cook for 2 - 3 hours on high

## KETO BREAKFAST RECIPES

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Eggs – 12

Milk – ½ cup

Salt – ½ teaspoon

Pepper – ¼ teaspoon